

# Your R&R Program



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When the time rolls around for you to decide on where to take your R&R, a multitude of questions will arise. This pamphlet can be most instrumental in helping you decide where to go, and in enabling you to travel to and enjoy your R&R without encountering any unnecessary delays. For more detailed information, consult the MACV Command Information Pamphlets dealing with the individual R&R locations.

The R&R program is a morale program, enabling you to get away and rest for a few days during your tour in Vietnam.

There are presently ten locations outside Vietnam available to R&R travelers: Bangkok, Hawaii, Hong Kong, Kuala Lumpur (Malaysia), Manila, Penang (Malaysia), Singapore, Sydney, Taipei and Tokyo.

The serviceman assigned here is entitled to one out-of-country R&R during a one-year tour and is eligible after 90 days in-country. Those who extend for 90 days or more may take a second R&R. They are eligible any time subsequent to the date extension is approved.

All U. S. military forces, Civil Service employees, and certain other authorized civilians in Vietnam can participate in the program.

Although R&R sites vary in distance from Vietnam, the program normally permits a stay at the destination of five nights. Transportation is by air.

The uniform is required for travel to and from R&R sites. However, civilian clothing is mandatory after arrival at most sites and is recommended for all. Uniforms may be worn on the ground only in Hawaii and Camp Zama, Japan. Civilian clothing may be rented or bought at all R&R locations.

Financial arrangements should be made well in advance. Check-cashing and banking facilities are limited or non-existent at a few sites. MPC used in Vietnam are not valid elsewhere and must be changed at the airport before departure.

Applications for R&R are processed by R&R coordinators or through unit administrative channels, depending on the service or major command. Information can be obtained through local command channels.

To insure a travel space for the location preferred, or to arrange to go on R&R with a buddy, it is best to apply several weeks early.

### Some General Tips

**Shots**—Shot record, ID Card, identification tags and orders are required in order to board the aircraft. Shots must be up-to-date and cholera immunization must have been administered at least five days before departure.

Smallpox vaccinations must have been taken at least two weeks in advance. Those going to Bangkok must have received a cholera shot within four months; all other locations will accept cholera shots taken within the previous six months.

**Baggage**—A maximum of 66 pounds applies to all R&R sites. A copy of R&R orders should be placed in each piece of luggage to help safeguard against loss.

**Passports**—Passports or visas are not required for servicemen in uniform traveling on R&R orders. Civilian personnel going on R&R should check visa requirements.

**Weapons**—No weapons of any kind are permitted aboard R&R aircraft.

**Alcohol**—Intoxicated travelers are not allowed to board R&R aircraft nor is drinking permitted on board. (One unopened bottle of alcoholic beverage may be carried aboard).

### Briefings and Assistance

Detailed information about the R&R location will be provided each passenger aboard the aircraft. In addition, briefings are given at R&R centers on arrival. Personnel at the centers provide detailed infor-

mation, change currency, arrange tours, and obtain reduced-price hotel reservations.

### Unique Opportunity

R&R is a privilege extended to all servicemen and certain government civilian em-

ployees as a vacation from the rigors of a combat zone. If you carefully choose a site which offers the type of recreation you seek and if you plan your trip beforehand, R&R can be a once-in-a-lifetime event you'll never forget.

## R & R At A Glance

LOCATION	BEST FEATURES	BEST BUYS	PX	\$1 BUYS(1)
Bangkok	Sightseeing Friendly people	Jewelry and Thai silk	Yes	20 Baht
Hawaii	Meet family Beaches	Monkey pod wood dishes	Yes	
Hong Kong	Free port	Clothing and products from throughout world	No(2)	\$5.70 HK
Kuala Lumpur	Malaysia capital, convention center	Pewter, tin, silver, fabrics	No	\$2.9 Malay
Manila	Beautiful scenery	Cigars, lace, wood carvings	No	3.85 Pesos
Penang	Free port, quiet beaches	Pewter, tin, silver, fabrics	No	\$2.9 Malay
Singapore	Cosmopolitan, Largely free port	Pewter, tin, silver, fabrics	No	\$2.9 Malay
Sydney	Beaches, water sports, night life, friendly people	Boomerangs, Kangaroo skins, Stuffed koala bears	No	\$.89A
Taipei	Friendly people, inexpensive	Embroidery, wood carvings, ceramics	Yes	\$40 NT
Tokyo	Largest city in world	Cameras, china, electronics	Yes	360 Yen

(1) Exchange rates fluctuate and are approximate figures.

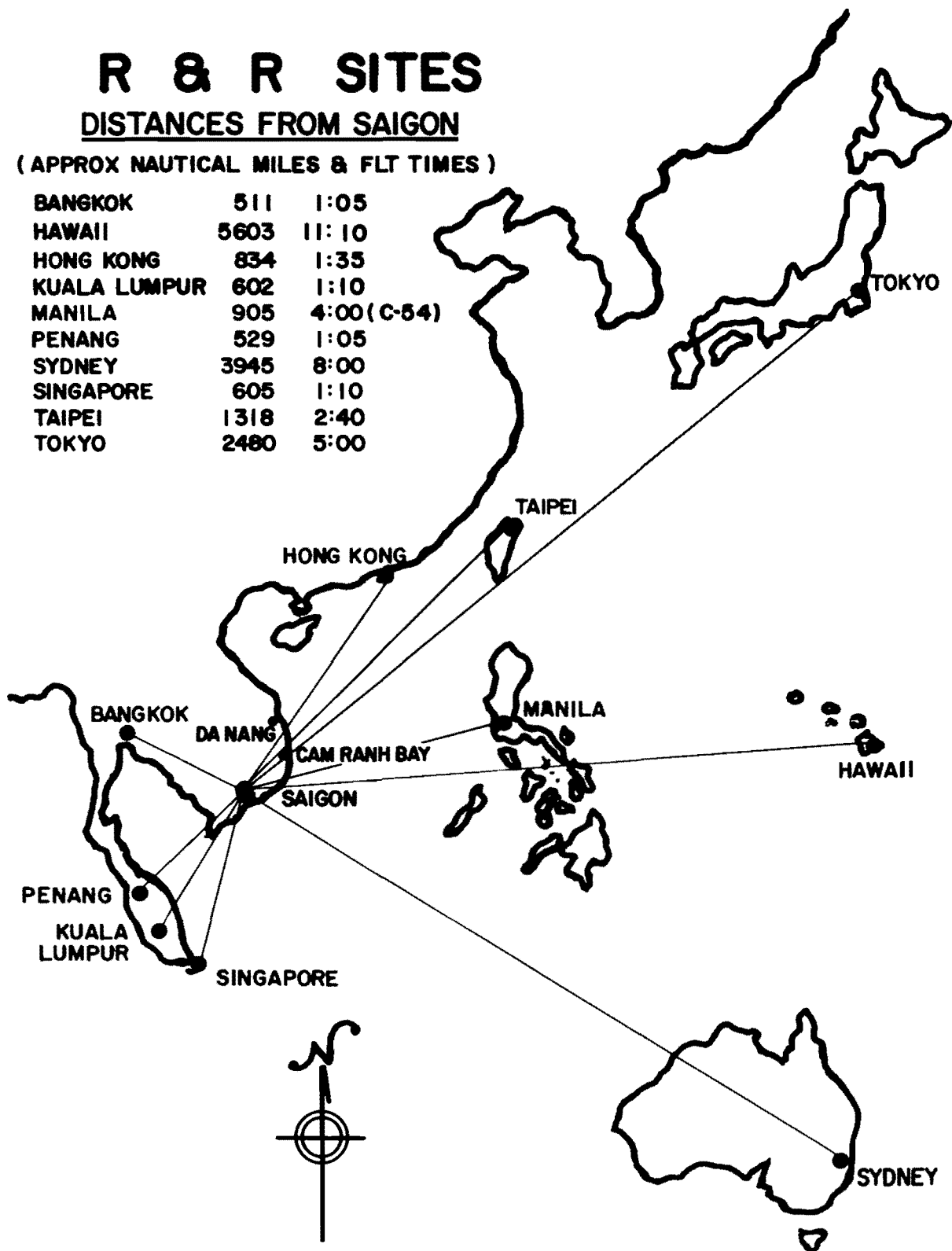
(2) U. S. Navy Purchasing Office has a branch at the British China Fleet Club.

# R & R SITES

## DISTANCES FROM SAIGON











( APPROX NAUTICAL MILES & FLT TIMES )

BANGKOK	511	1:05
HAWAII	5603	11:10
HONG KONG	834	1:35
KUALA LUMPUR	602	1:10
MANILA	905	4:00 (C-54)
PENANG	529	1:05
SYDNEY	3945	8:00
SINGAPORE	605	1:10
TAIPEI	1318	2:40
TOKYO	2480	5:00





# R&R GUIDE, AMERICAL DIVISION

R&R GUIDE	WHERE THE ACTION IS	SPECIAL BUYS	SIGHTSEEING	GENERAL TIPS	TAKE A CAMERA
<b>AUSTRALIA</b>	Hyde Park and the beaches are good places to meet girls and enjoy the scenery. Many night spots and cabarets, just like Stateide. The Bankstown Hospital Quarters is good for blind dates. Try skindiving, spearfishing, deep-sea fishing, skiing, water skiing, surfing, golfing, moonlight horseback riding, and bush barbecues.	Woolen goods, opals, pottery, and aboriginal handicrafts	Try the ferryboat tour around Sydney Harbor or the hydrofoil boat tour. There are special tours throughout Australia, like to the Northern Territory. Visit an aborigine tribe or see wildlife such as the kangaroo. South of Brisbane is the Gold Coast.	Take film with you, since film is expensive there. Do not take more than one open pack of cigarettes, more than one pouch of pipe tobacco, or four cigars on your person. Very thorough customs check; know rules. Average cost: \$350.	 USARY-10
<b>BANGKOK</b>	Most recommended hotels have entertainment facilities and tour service provided. There are reasonable nightclubs and bars, fine restaurants, and English dialogue films. Take a look at Thi boxing, go to a horse race, or play a round of golf.	Black Star sapphires, bronzeware, silk, lacquerware, stoneware, princess rings, unmounted precious stones, wood carvings, and jewelry.	See the Grand Palace, the Temple of the Emerald Buddha, the bridge on the River Kwai, the floating market, and Tim Land. Take the Ancient Palace Tour. Visit the snake farm or the royal barge. Watch native dancing or elephants working.	Always agree on price before taking a cab. Tips are included in your bills. Expect to bargain for purchases (buying several things as a package deal is better than one at a time). Film is expensive. Tap water is not potable. Average cost: \$250-400.	 AIR-10
<b>HAWAII</b>	Stateside action with a Polynesian accent. The main drag is Kalakaua Ave.; it has everything. Take in a luau or try a catamaran ride. Good surfing, sailing, golfing, skindiving, and tennis. If you're single try prowling the Waikiki Hotel area or all along the famous beaches.	Muumuus, Polynesian handicrafts, flowers and fruits, perfumes, wood-ware, shell or coral jewelry. Many merchants offer special discounts to R&R servicemen.	Visit the Polynesian Culture Center, Sea Life Park, Tropical Bird Park, Kilauea Volcano, Pearl Harbor, Ulu Mau Hawaiian Village, or the Iolani Palace. Take the circle-the-island or night tour. See Ala Moana, world's largest shopping center.	Stay off Hotel St. and all dark streets. Mt. Tantalus is pretty by day, but dangerous at night. Cabs are expensive; cheaper to ride bus or rent a car. Drinking age is 20. Dress is informal. Cheaper souvenirs are in department stores. Average cost: \$500 plus.	 BOB-10
<b>HONG KONG</b>	Most of the top night and supper clubs are in the hotels or restaurants. There are many dance halls, but check the R&R Center for recommendations. Try dining aboard one of the floating restaurants in Aberdeen Bay or a ride in a sampan or rickshaw.	Just about anything. Custom-made clothes, wood carvings, brassware, silk, ivoryware, cameras, watches, perfumes, bronze, jade, furs, copper, silver, and leather.	Visit Tiger Balm Garden, Repulse Bay, the Peak Tramway, Victoria Peak, Botanical Gardens, a Taoist Temple, the Ocean Terminal, the Temple of 10,000 Buddhas, and the Nine Dragons of Kowloon. Take the around-the-island tour.	Tippping usually is included in bill. Ride in taxis with meters only; taxis with white license plates are illegal. Tap water is not potable. Bargaining is the rule. Ask for Comprehensive Certificate of Origin when you buy "Chinese type" items. Ave. cost: \$300-400.	 NOBLE
<b>KUALA LUMPUR</b>	Most entertainment is available through the hotels. Try horseback riding, swimming, bowling, or the theaters. Port Dickson is good for boat rentals, fishing trips, water skiing, and paddle boats.	Tailor-made suits, jewelry, sarongs, silverware, pewter, and kelatan brocade.	See the Batu Caves, the National Museum of Malaysian History, the changing of the guards at the Istana Negara Palace, the Lake Gardens, the National Art Gallery, the National Zoo, Sunday Market, and Templer Park.	Tippping is not expected. Taxis are cheap. Bargaining is the rule. It is a small area, so check all the stores for bargains before purchasing. Average cost: \$300-350.	 USARY-10
<b>MANILA</b>	The large splashy clubs are located on Roxas Blvd. in Pasay City. M.H. Del Pilar St. in the Ermita District has many small bars with hostesses for dancing. Rizal Ave. is the "movie street."	Monkeywood carvings, shell lanterns, watches, jewelry, hand-woven fabrics, straw and abaca articles, cigars, paintings, silverware, and guitars.	Visit Intramuros—the Spanish walled city, the American Memorial Cemetary, Taal Lake and volcano, and the Corregidor battle site. See the bamboo organ in Las Pinas and the rapids of Pagsanjan Gorge.	Tippping is not a standard practice. Better to take cigarettes and toilet articles than to pay higher local prices. Many clubs have special Sunday afternoon discotheque sessions. Average cost: \$300-350.	 USARY-10
<b>PENANG</b>	Penang Rd., Campbell St., and Bishop St. are the main shopping areas. There are numerous bars with hostesses. Most entertainment can be arranged through your hotel. Golfing, swimming, and movies are available.	Tailor-made suits, silk, cameras, ivory, watches, jewelry, and electronic equipment.	Visit Khoo Kongsi, a Siamese temple, the Penang Buddhist Temple, Botanical Gardens, Penang Hill, Sungei Pinang Waterfall, and the Snake Temple. See the Batu Maung fishing village and rubber trees.	Shop in R&R recommended stores. You are expected to bargain. Beware of the services of "commission men" such as taxi or trishaw boys. Cheaper to carry items back to Vietnam and mail home from here. Use only metered cabs. Average cost: \$300-350.	 AIR-10
<b>SINGAPORE</b>	The most popular places for dancing and dining are in the hotels. There are many tours, plus horse racing, golf, water skiing, swimming, skindiving, fishing, spectator and participant sports, and movies. The international blend of people gives you girls of every description to choose from.	Dining delights to tempt the epicurean. Electrical goods, cameras, watches, jewelry, clothes, ivory, silk, wood carvings, curios, and crocodile skin goods.	Visit the Singapore Museum, the waterfront, the Botanic Gardens, Chinatown, Arab Street, Haw Par Villa, and the monkey and crocodile farms. See the snake charmers.	Tips are not expected. You are expected to bargain. Some hotel annexes have cheaper prices than in downtown shops. There is no current U.S. status of forces agreement, meaning you are subject to local laws and police jurisdiction. Average cost: \$250-400.	 USARY-10
<b>TAIPEI</b>	All the hotels have entertainment facilities, plus there are many small bars with hostesses and cheap drinks. Try the steam baths in Peitou, the NCO Open Mess for shows, the top floor of the R&R Center for dancing, and the Camp McCauley recreation area.	Tailor-made clothes, ivory, woodcraft, Chinese artifacts, lacquerware, jade, coral, bone and camphor carvings, and well-stocked Navy PX.	Tour Grass Mountain, Wulai (home of Chinese aborigines), Taroko Gorge, the Taiwan Handicraft Promotional Center, Botanical Gardens, Lungshan Temple, Sun Moon Lake, Mt. Ali, and the National Museum. There are many side tours.	Chinese law prohibits buying hostesses more than four drinks per hour, so don't allow them to push drinks. Public display of affection is offensive to the Chinese. Eating too much of the local fruit may disrupt your digestion. Average cost: \$300	 COBB
<b>TOKYO</b>	The big entertainment districts are Ginza, Shinjuku, Akasaka, and Shibuya. The world's largest city has huge nightclubs, cabarets, and small intimate bars, all with many hostesses. There are restaurants of every description for every taste. A steam bath is a must. Akihabara for electronic equipment; Yokohama has huge PX.	Photographic and electronic equipment, silk, pearls, children's toys and dolls, fine art and woodblock prints, kimonos and smoking jackets, and porcelain.	Visit the Meiji Shrine and the many temples, the Imperial Palace, Olympic Park, Sony Bldg., Ueno Park and Zoo, the department store exhibition halls, Noh and Kabuki theater, and Tokyo Tower. There are many festivals.	PX prices are lower than the local economy. Subways are easiest and least expensive transportation. Tippping is not expected. Buy at large department stores for bargains. Taxis are inexpensive, but thrilling. Expensive entertainment, but cheap food. Average cost: \$300.	 GUERRANT